

# PICTURE YOUR JOURNEY



**A new resource for heart patients aged 13-19 who are making the transition from child to adult care.** The BHF worked closely with the Somerville Foundation to produce a pack to keep all medical contacts, appointments and health care information together in one place. Three booklets within the pack offer information and support as young people become adults and start to take responsibility for their own health.

To order please use order code G690 and call BHF orderline on 0870 600 6566 or email [orderline@bhf.org.uk](mailto:orderline@bhf.org.uk)

## ROLL UP, ROLL UP. MEET@TEENHEART EVENTS

Getting involved in our events will give you an opportunity to meet other young heart patients, make new friends, learn new skills, grow in confidence and have fun. So what are you waiting for? If you are interested in attending please register your interest ASAP at [surveymonkey.com/s/BHFEvents](http://surveymonkey.com/s/BHFEvents). More details can be found on [yheart.net/events](http://yheart.net/events)

Priority will be given to those who have not attended a meet@teenheart event before.

### UPCOMING EVENTS

**29 November – Manchester**  
Register interest by 1 October

**21 February – Glasgow**  
Register interest by 4 January

**ALL OF OUR EVENTS ARE FREE TO ATTEND**

## OUR STRATEGY TO 2020

Meet@teenheart is a programme delivered as part of the wider BHF's work. The BHF now has a new strategy which we will be taking forward to 2020.

Cardiovascular disease (CVD), which includes all heart conditions and stroke, is a huge burden on people in the UK.

**Our mission** is to win the fight against cardiovascular disease.

**Our vision** is a world where no one will die prematurely or suffer from CVD.

**Thanks to you, we've made great progress. With you, we'll beat it.**



## MEET@TEENHEART

**Press gang** is a group of young people who write the Update newsletter, and blog for us. For more info contact [meetatteenheart@bhf.org.uk](mailto:meetatteenheart@bhf.org.uk)

*meet@teenheart* is the BHF's programme for young people aged 13 to 19 who are living with heart conditions in the UK. *meet@teenheart* helps young people with heart conditions to meet each other, gain confidence, support each other and have fun.

Contact the *meet@teenheart* team  
**Email** [meetatteenheart@bhf.org.uk](mailto:meetatteenheart@bhf.org.uk)  
**Web** [yheart.net/meetatteenheart](http://yheart.net/meetatteenheart)  
**Phone** 020 7554 0404  
**Text** 078 2511 1369  
**Facebook** search for *yheartfan*



# MEET@TEENHEART UPDATE AUTUMN 2014

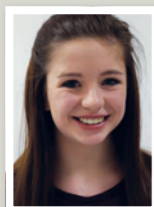


## MY STORY THEIR STORY

**BHF go big at the BFI**

**FIGHT FOR EVERY HEARTBEAT**  
[bhf.org.uk](http://bhf.org.uk)

# BHF GO BIG AT THE BFI



by Lucy Allen

This weekend, a few of the press gang members headed back to London, where we were shown two new films made by the British Heart Foundation.

On arrival at the BFI on Southbank we briefly looked around, the building seemed to have a lot of historical value.

When we entered the theatre, there were photographers and many young heart patients, and representatives from other heart charities. Also, there was someone dressed up as an elephant, greeting everyone at the door. This was clever, it tied into the films we watched, but I won't spoil it too much!

**“ Fabulous, truthful**

Simon Gillespie, BHF Chief Executive

**“ Speechless**

Mikheal DeVille, Actor

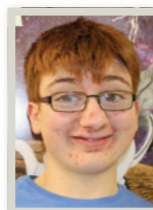
**“ Very good concept**

Jay Smith, Audience member

We enjoyed the films, and afterwards some of the crew, cast, writers and the director sat on stage for a question and answer session. They let us in on the whole experience of making a movie. You could tell that there was a lot of work put into these films, and a lot of passion also. It was great to hear all the things that the people who made the film had learned along the way.

After the question and answer session was over, we all joined together in the lobby for refreshments. There was also a photo booth for us all to enjoy. Overall it was a great day, with learning experiences, funny moments and a fantastic time for all.

## MY STORY THEIR STORY



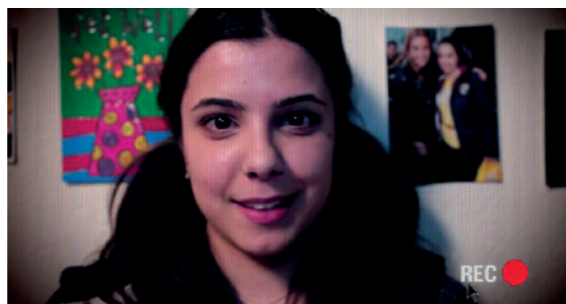
Reviewed by Dominic Davies

Having a heart condition can be tough, right? As young heart patients, we know this. However, a lot of people don't realise how tough it can be, and a lot of us don't realise how our conditions can affect friends and family. "My Story" and "Their Story" are twin films which illustrate perfectly just what effects a heart condition can have on a teenager and the people closest to them.

Created by young people, for young people, the films are based on true stories. The main character, Jamie, is at school (well, not quite) when she collapses during a fire drill. This is due to an undiagnosed heart condition which changes her life at school and at home. Both films use drama and comedy to great effect to give humour to a fairly serious story. However, the main trick of the pair of films is to show both sides of the same scenario.

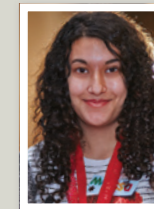
"My Story" is from Jamie's point of view whereas "Their Story" is from the perspective of her family and friends.

This works really well because it gives a detailed insight into the experiences of everyone involved and helps you to understand what those who are closest to you are going through. I would thoroughly recommend it to anyone who is affected by the unique experiences of teenagers with heart conditions.



View the films at [yheart.net/stories](http://yheart.net/stories)

# BHF GOES WILD AT BRISTOL ZOO



by Melissa Nissan

The BHF Bristol zoo event was fantastic! It was great to catch up with old friends and meet new ones. Our first task was to go around the zoo and study a particular animal, mine was the meerkats. We then did some art attack work.

Our next task was to play a fun painting game tracking animal movement, with a scenario where animals had escaped from the zoo (this was all pretend obviously). We then went round the zoo again and saw more animals, my favourite were the lions! The event was brilliant.

For further events please go the back page.

**Editors note** Melissa mentioned in her review that she would like to have further time to explore the zoo. Next time we have a similar event we will ensure that there is enough time to explore.

**“ A heartwarming and enjoyable day**

Shannon Donovan

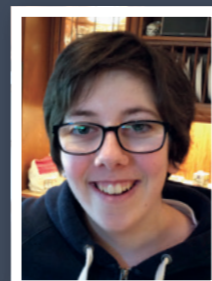
**“ A fun and exciting day meeting new people**

Charlie Haines



## The Curious Incident of the Dog in the Nighttime

BY MARK HADDON



Reviewed by Anna Gray

I think everyone should read this book. Firstly, it's extremely cleverly written. It is told from the perspective of Christopher John Francis Boone, who is 15 and who suffers from severe Asperger syndrome.

Christopher finds it hard to make friends and cope with loud noises and unfamiliar situations. However, he is exceptional at mathematics and hopes to take his maths A-Level, which nobody at his school has done before. Christopher is also very aware of his surroundings and notices lots of tiny details, which helps an awful lot when a murder occurs next door. Well, a dog murder. Wellington, the poodle in fact. Stabbed. With a garden fork.

Could Christopher solve the case just like his literary hero Sherlock Holmes? And what other mysterious incidents are linked to the dead dog? Well, I'm not telling you. But I bet Christopher will.